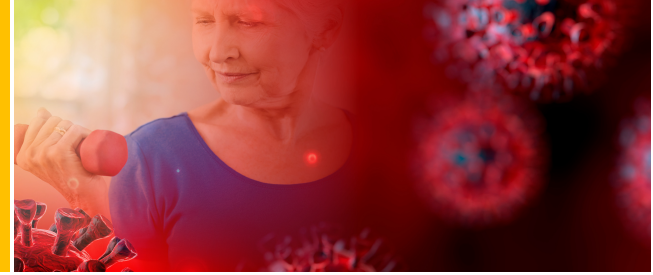


# ***Maintaining Immune Health in the Face of COVID-19 and Future Viruses***



american federation  
for aging research

# Summary



- **Older adults account for most of the mortality due to COVID-19.**
- **The biology of aging drives diseases of aging, underlying the cause for this excess mortality.**
- **Hallmarks of aging are targets for gero-therapeutics.**
- **Exercise is immune modulator and a resiliency builder.**
- **Metformin and mTOR inhibitors maybe modulating response to viral infection in older adults.**
- **Interaction between environment (exercise and nutrition) and drugs can:  
1) target immune decline and inflammaging and  
2) increase whole body resiliency to severe illness.**
- **This is relevant to future pandemics, blinded to cause.**